



THE
MARIST
SCHOOL
ASCOT

Feet on the ground.
Reaching for the stars.

PARENTS' GUIDE TO EXAM SEASON



As your daughter approaches her examinations, we recognise that this can be both an exciting and challenging time for pupils and their families. It is important that she feels supported, confident, and able to manage any pressures she may experience.

At The Marist, we are committed to supporting pupils throughout the examination period through revision guidance, wellbeing support, and access to staff who are available to offer reassurance and advice.

This guide aims to provide practical advice to help you support your daughter throughout the exam season and create a positive environment in which she can thrive.

Creating the Right Environment for Revision

An organised and calm space can help young people revise effectively.

Ideally, the space should be:

- Well lit and quiet
- Free from distractions — particularly mobile phones
- Equipped with the necessary resources, including revision notes, textbooks, calculators, and stationery

Establishing a Realistic Revision Routine

Working with your daughter to create a realistic revision timetable can help reduce stress and build positive study habits. A balanced approach that spreads revision over time is far more effective than last-minute cramming.

Encourage her to:

- Set small, achievable goals
- Focus on short, targeted revision sessions
- Take regular breaks
- Maintain hobbies, exercise, and time to relax

Some days will feel more productive than others, so consistency is more important than perfection.



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Healthy Habits and Wellbeing

Healthy routines play an important role in supporting concentration, memory, and wellbeing during exam season.

Encourage your daughter to:

- Eat regular, balanced meals
- Stay hydrated
- Maintain a consistent sleep routine
- Spend time outdoors and exercise regularly

Some nervousness during exams is entirely normal. However, changes in mood, sleep, appetite, or motivation may indicate that your daughter is struggling and needs additional support.

Creating opportunities for calm, open conversations can help her feel reassured and supported throughout this period.

Should you become concerned about your daughter's wellbeing, please do not hesitate to contact Ms R Ellwood, Head of VI form, Mr Holliday, Head of Year 11, or Mr Yardley, Assistant Head: Pastoral.

The Role of Parents

The most valuable support families can provide during the examination period is calm, realistic encouragement.

Focusing on effort, resilience, and progress — rather than outcomes alone — can help build confidence and reduce unnecessary pressure. Listening without judgement, avoiding comparisons with others, and celebrating small successes can make a significant difference to your daughter's confidence and motivation.

On Exam Days

Simple routines can help reduce stress and build confidence. Encourage your daughter to:

- Prepare equipment and uniform the night before
- Get a good night's sleep
- Eat breakfast and stay hydrated
- Arrive at school in good time
- Avoid last-minute cramming immediately before the exam

After each exam, encourage her to focus on the next paper rather than dwelling on previous exams.

Useful Resources

- [YoungMinds Exam Support for Parents](#)
- [BBC Bitesize: What Not to Say During Exams](#)
- [Place2Be: Navigating Exam Season Guide for Parents](#)



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